

How Can We Help You?

Meagan Seale—Ext. 1701
Executive Director
MSeale@ourladyofthevalley.com
Michael Davis—Ext. 1717
Assistant Administrator
MDavis@ourladyofthevalley.com
Justin Blakey
Director of Maintenance
jblakey@ourladyofthevalley.com
Kayla Meador—Ext. 1702
Director of Admissions & Marketing
KMeador@ourladyofthevalley.com
Hannah Porter
Director of Life Enrichment
hporter@ourladyofthevalley.com
Cherokee Padgett—Ext. 1712
Director of Social Services
CPadgett@ourladyofthevalley.com
Romell Barbes—Ext. 1719
Director of Talent Development
RBarbes@ourladyofthevalley.com
April Yost—Ext. 1706
Director of Admissions (AL & MC)
AYost@ourladyofthevalley.com
Andre Starks—Ext. 1715
Dining Services Director
AStarks@ourladyofthevalley.com
Jamise Hardy—Ext. 1709
Business Office Manager
JHardy@ourladyofthevalley.com
Danci Laprade—Ext. 1703
Director of Nursing – Nursing & Rehab
DLaprade@ourladyofthevalley.com
Rhonda Witt—Ext. 1714
Director of Nursing – Assisted Living/Memory Care
RWitt@ourladyofthevalley.com
Asia Kirtley—Ext. 1700
Administrative Assistant
akirtley@ourladyofthevalley.com
Kristen Hill—Ext. 1700
Weekend Receptionist
KHill@ourladyofthevalley.com
Karen Wilbourne
Life Enrichment Coordinator
KWilbourne@ourladyofthevalley.com
Angie Fellows—Ext. 1711
Housekeeping and Laundry Supervisor
AFellows@ourladyofthevalley.com
Nahzha Jones—Ext. 1708
Payroll Coordinator
njones@ourladyofthevalley.com
Brandy Fralin—Ext. 1724
Director of Community Relations & Marketing
BFralin@ourladyofthevalley.com
Lorie Holter—Ext. 1704
Pastoral Counselor
lholtter@ourladyofthevalley.com

May Birthdays

In astrology, those born from May 1–20 have the star sign of the Bull of Taurus. Bulls show steady, dogged persistence. Once goals are reached, they enjoy being rewarded, especially with beauty and peace at home. Those born between May 21–31 are Gemini’s Twins. Geminis love conversation, and they are good at it, too! Witty, intellectual, curious, charming, and imaginative, they’re often the life of the party.

Joseph Heller (writer) – May 1, 1923
Gary Cooper (actor) – May 7, 1901
Martha Graham (dancer) – May 11, 1894
Perry Como (singer) – May 18, 1912
Joan Collins (actress) – May 23, 1933
Bob Dylan (singer) – May 24, 1941
Sam Snead (golfer) – May 27, 1912
Henry Kissinger (politician) – May 27, 1923
Joe Namath (quarterback) – May 31, 1943

May Birthdays at OLOV

- 3 Armando “Joe” Gonzalez
- 3 Audrey Page
- 3 Christine “Chris” Yates
- 5 Phyllis Williams
- 7 Shirley Lumsden
- 8 Lois Wilson
- 8 Robert Killinger
- 9 Anne Brantley
- 11 Gladys Light
- 14 Angeline “Angie” Harvey
- 17 Dolly Dean
- 17 Barbara McNabb
- 18 Maria Dudziak
- 19 Billy Mottesheard
- 23 Stuart Dillon
- 31 Ruth Cristy

Valley Voices

Our Lady of the Valley | 650 North Jefferson Street, Roanoke, VA 24121 | 540.345.5111



Celebrating May

Clean Air Month

Military Appreciation Month

May Day/Lei Day
May 1

Kentucky Derby
May 3

International Firefighters Day
May 4

Wildflower Week
May 4–10

Windmill Day
May 10

Mother’s Day
May 11

Biographer’s Day
May 16

International Coaching Week
May 12–18

World No-Tobacco Day
May 31

Last Month at Our Lady of the Valley

We kicked off last month with some Friday Fun with a nacho bar and paired some delicious margaritas! Sounds like my kind of Friday! We had different topping options like beans, cheese, lettuce, salsa, and sour cream.

Each month we always look forward to all of the musical entertainment we have. We enjoyed music with SammyP, Jane with Allegro Music Therapy, Josh Urban, The Brothers Young, Leslie Brooks, Amy Andrews, and Marc Baskind! We are looking forward to enjoying the music outside now that it is starting to get warmer out.

Leading up to Easter Sunday, we celebrated Holy Week. To start it off, we were joined by the youth group members at the Basilica of St. Andrew where they helped us make themed door décor and even brought us refreshments. We always have a blast with them. We learned about what each day in holy week represents and reflected on the Last Supper traditions and even had a traditional Sedar Meal. We welcomed a special visitor as well, the Easter Bunny hopped around to everyone to say hello!

In addition to the youth group that joined us to do a craft, we were joined by the adult youth group from the Basilica of St. Andrew where they helped us act out some charades!

We enjoyed a wonderful night out to Raleigh Court Presbyterian Church where The Roanoke Choral Society presented A Grand Night for Singing...Fifty Years of Music! It’s always such a treat to enjoy the talent of The Roanoke Choral Society!

We brought the month of April to a close with a performance by The Thursday Morning Music Club where they performed their Spring Concert for us in the lobby!

We can’t wait to see what the month of May has in store for us!



Pastor’s Corner

National Day of Prayer - May 1

On June 12, 1775, the Second Continental Congress recognized the importance of prayer across the colonies, saying, “We may, with united hearts and voices, unfeignedly confess and deplore our many sins, and offer up our Joint supplications to the all- wise, omnipotent, and merciful Disposer of all events.” In 1952, President Truman designated the first Thursday in May National Day of Prayer.

This year's prayer is inspired by Roman's 15:13.

God of hope, fill us with all joy and peace in believing, so that we will abound in hope by the power of the Holy Spirit. You have caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead; therefore, we hope in what we do not see. This world is not our home or reality, but the Lord is our Rock, our Truth, our certainty.

God of hope, we pour out our praise and are filled with Your powerful presence.

We pour out repentance of sin and are filled with forgiveness and righteousness. We pour out pain from the attacks of the enemy—anxiousness, fear, anger—and You fill us with courage, assurance, and love. We pour out our needs, the desires of our hearts, and are filled with Your Kingdom provision and purpose.

We pour out our hearts for our nation, for the people and places, relationships and responsibilities the Lord has established: the Church, Family, Education, Business, Military, Arts, Entertainment, Media, and Government. May all who live, serve, and steward in these be filled with Your purpose, wisdom, strength, and truth.

Let Your lovingkindness, O LORD, be upon us, as we have hoped in You.

In abounding hope, anchored by our hope in the name of Jesus, we pray. Amen!
Written by NDP Task Force President, Kathy Branzell

*May you be filled with joy and peace,
Lorie Holter, OLOV Pastoral Counselor*

Aloha in Bloom

In Hawaii, May Day is Lei Day. Since 1927, Hawaiians have celebrated this holiday and publicly honored the lei, that quintessential Hawaiian necklace fashioned of flowers and vines. Lei garlands are given as an expression of welcome and friendship when a loved one arrives, departs, or celebrates something special. The act of fashioning a lei is a sacred one. According to legend, as the creator weaves a lei, a piece of their spirit enters into the garland and passes along to the recipient.

There are two distinctive types of leis and eight common methods for weaving them. Tropical Hawaiian flowers, such as plumerias, pikake, and orchids, are often used. They’re intertwined with leaves of maile, ti, and ferns. Shells, too, can be incorporated into the garlands. The leis of the island of Ni’ihau, for example, are specifically fashioned with small seashells known as *pupu*.

Many fantastic leis are on display during Lei Day at Kapi’olani Park near Waikiki Beach in Honolulu. A Lei Queen is crowned each year, with princesses representing each Hawaiian island, each wearing a special lei showcasing the island’s signature flower and color.

The Sock That Got Away



Do you have a spot for old unmatched socks? Do you hold out hope of someday reuniting those single socks with their lost matches? Chances are you may never see those lost socks again,

since many fall over the top of washing machine tubs and are sucked into the drain. On May 9—Lost Sock Memorial Day—take the time to say goodbye to those missing socks, wherever they may be. Perhaps the best way to celebrate this strange holiday is to take those unmatched socks out of the back of the drawer and wear them! Restore them to their former glory, and go unmatched for a day.

Valley Happenings

Thursday, May 1st
The van will load up at 1:30pm for an outing to Walmart. Please sign up at the front desk.

Monday, May 5th – Cinco de Mayo!
Join us on the porch at 2:30pm for entertainment with SammyP and sip on some delicious margaritas!

Wednesday, May 7th
Come on out to the porch at 2pm for Cooking with Kev & Andre! They will be grilling out some delicious food and we will have ice cold beer and lemonade to go with it!

Thursday, May 8th
The van will load up at 1:30pm for an outing to Belk. Please sign up at the front desk.

Friday, May 9th
The van will load up at 9:30am to head over to the Basilica of St. Andrew for a tour of the church at 10am. Please sign up at the front desk.

Monday, May 12th
The van will load up at 4pm to take the Men’s Group on their monthly dinner outing to Sal’s Italian Restaurant. Please sign up at the front desk.

Wednesday, May 14th
The van will load up at 4pm to take the Women’s Group on their monthly dinner outing to Cheddar’s Scratch Kitchen. Please sign up at the front desk.

Thursday, May 15th
Interested in making a trip to the Christopher Center to enjoy the display at the Art Show they are hosting and enjoy refreshments while you are there. Plan to meet in the lobby at 10:30am and we will escort you to the Christopher Center.

The van will load up at 1:30pm for an outing to Dollar Tree. Please sign up at the front desk.

Join us in the lobby at 3pm for Music with Aiden and Blane Jazz Duo. They always put on a wonderful show.

Friday, May 16th
Leslie Brooks will be here at 3pm to perform for us on the porch! Hope to see you all out there! Especially if the weather is nice!

Sunday, May 18th
Chaplain Lorie will be holding a Memorial Service in the Chapel at 1:30pm to remember those we have lost in the past few months.

Attention

Rosary Prayer Group is held every 1st and 3rd Wednesday of the month at 1pm in the Chapel.

Emmaus Bible Fellowship and Hymns is held every 2nd and 4th Tuesday of the month at 6:30pm in the lobby.

Bus to the Basilica of Saint Andrew takes a van over every Sunday at 8:30am for 9am mass.

Joy Ride is held every Sunday at 10:30am after everyone is back from mass.

Walmart Trips

Walmart trip are a very popular trip and are always full with a waiting list. To make it fair for everyone, if you are signed up for the first outing to Walmart please let others have the opportunity to sign up for the next trip to Walmart. If you want to sign up for both, the second trip you sign up for you will be added to the waitlist first.

Monday, May 19th
Andre Starks, Director of Dining Services will hold the monthly Food Committee Meeting at 10:45am in the activity room. This meeting is open to all and a time to come discuss thoughts/suggestions about the food and anything dining.

Thursday, May 22nd
The van will load up at 1:30pm for an outing to Walmart. Please sign up at the front desk.

Tuesday, May 27th
Hannah Porter, Director of Life Enrichment will hold the monthly Resident Council Meeting at 10:45am in the activity room. This meeting is open to all and is a time to come discuss the following department; Maintenance, Housekeeping/Laundry, Nursing, and Life Enrichment.

Thursday, May 28th
The van will load up at 1:30pm for an outing to TJMaxx. Please sign up at the front desk.